



- There are 25 attempts for every death by suicide in the United States. ([www.suicidology.org](http://www.suicidology.org))
- There is one suicide every 2 hours for those aged 15-24 in the United States. ([www.cdc.gov](http://www.cdc.gov))

## Operation Reach Out: A Free Military Suicide Prevention Mobile App.

Military Community Awareness-Digital (MCA-D) introduces **OPERATION REACH OUT**, a smartphone app aimed at preventing suicide among military personnel and veterans. Developed by a team of suicide prevention experts, under the supervision of the primary author, Lawrence Shapiro, Ph.D., the app is available free on the iTunes App Store and the Android Market.

### **OPERATION REACH OUT is designed to:**

- Encourage people to reach out for help when they are having suicidal thoughts.
- Help those who are concerned about family members, spouses, or fellow service members who may be suicidal.
- Provide a personal contact help center.
- Provide activities to help people who are depressed stay connected to others.



To download from iTunes

[Click Here](#)

To download from Android

[Click Here](#)

For more information please go to <http://militaryfamily.com/downloads/apps/military-suicide-prevention-operation-reach-out/>

## Clinician's Corner:

### Effective and Promising Programs

The Suicide Prevention Resource Center (SPRC), in collaboration with the American Foundation for Suicide Prevention (AFSP), maintains the Best Practices Registry (BPR). This project, funded by the Substance Abuse and Mental Health Services Administration (SAMHSA), identifies, reviews, and disseminates information about best practices that address specific objectives of the *National Strategy for Suicide Prevention*. The BPR has three sections.

**Section I:** Evidence-Based Programs, includes both programs rigorously evaluated and reviewed by SAMHSA's National Registry of Evidence-Based Programs and Practices and by SPRC and AFSP.

**Section II:** Expert and Consensus Statements makes recommendations and provides guidance for best practices without the same level of evaluation as Section I; and, finally **Section III:** Adherence to Standards, provides a variety of materials, protocols, and policies addressing specific objectives found in the NSSP.

<http://www.cdc.gov/ViolencePrevention/suicide/prevention.html>

### Check out these publications for more information. . .

**"Crisis Hotline Saves Suicidal War Veterans"** by Christina Ginn,  
[http://www.cnn.com/2011/12/18/us/war-veterans-suicide-hot-line/index.html?section=cnn\\_latest](http://www.cnn.com/2011/12/18/us/war-veterans-suicide-hot-line/index.html?section=cnn_latest)

**"Military and civilian media coverage of suicide"** Edwards-Stewart et al. *Archives of Suicide Research*, 15(4):304-312.  
<http://sprc.org/news/index.asp>



If you have any questions about this publication or would like to set up a training please contact  
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### Save the Date:

<b>Traumatic Stress and Youth: How do we intervene with our most challenged teens?</b>	March, 29th, 2012
<a href="http://www.cmh.umn.edu/lftf.html">http://www.cmh.umn.edu/lftf.html</a>	

<b>AAS Annual Conference (Baltimore), Collaborations in Suicidology: Bridging the Disciplines</b>	April, 18-24, 2012
<a href="http://www.suicidology.org/web/guest/education-and-training/annual-conference">http://www.suicidology.org/web/guest/education-and-training/annual-conference</a>	